Innovations in Collegiate Recovery Programs: Implementing Unique Initiatives

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2018 NASPA Alcohol, Other Drug, and Violence Prevention Conference
A NASPA Strategies Conference

Growth of Collegiate Recovery

As of 2017 there are approximately 170 CRC/CRPs in various stages of development.

- Out of over 4000 Institutions of Higher Education, approximately 4% have CRPs
- Major growth in the last five years.

[https://collegiaterecovery.org/media/]
During this time...

- Overview of Collegiate Recovery Programs
- Collegiate Recovery Program, Georgia Tech
- Collegiate Recovery and Intervention Services, The University of Alabama
- Recovery Program, Baylor University
- Discussant Remarks
- Discussion/Q&A

Tom Bennett
Acadia Healthcare
The Beginnings of Collegiate Recovery Communities and Programs
The Beginnings of Collegiate Recovery Communities and Programs

• 2017 marked the 40th anniversary of the first collegiate recovery program, started in 1977 at Brown University.

• That year, Brown Classics Professor Dr. Bruce Donovan, five years into his own recovery, started helping undergrads find 12-Step meetings and mentoring them on life in recovery – life on life’s terms.

• The position created by him, for himself, still exists with Dr. Shannon O’Neill as the “Dean of Chemical Dependency” at Brown.

The Beginnings of Collegiate Recovery Communities and Programs

• Rutgers University and Texas Tech University soon followed. When hired, Lisa Laitman was asked by Rutgers if she thought she’d have enough work to justify her full-time position.

• Texas Tech started with a program to train addictions counselors with a curriculum written by Dr. Carl Anderson. On his retirement Dr. Anderson’s position at CSAR was taken by Dr. Kitty Harris.

• In 1997, Augsburg College’s Step-Up program was created and was led by Patrice Salmeri. For many years, this program has had the largest number of students in recovery housing of any school.
The Beginnings of Collegiate Recovery Communities and Programs

• In the early 2000’s, some of these forerunners, directors at Rutgers, Texas Tech, Augsburg, Case Western, and Kennesaw State, helped start the ARS.
• 2004 saw the start of programs at Case Western, The University of Texas at Austin, and UMass Amherst.
• By 2011, ARS was focusing on secondary schools, and the ARHE was chartered to serve the college and university programs.

The Beginnings of Collegiate Recovery Communities and Programs

• With a SAMHSA grant in 2005, Dr. Harris and the replication team of Mandy Baker and Matt Russell spread out across the country to educate other colleges and universities on the value of CRC’s and how to start them
• Beta sites that year included Vanderbilt University, CU Boulder, and Tulsa Community College
The Beginnings of Collegiate Recovery Communities and Programs

• In 2006, The University of Virginia started Hoos in Recovery and has long had Susie Bruce at the helm.
• Kennesaw State in 2007 with Teresa Johnston
• In 2008 Georgia Southern and The College of St. Scholastica opened with Kristen Harper and Benji Bertsch as directors. William Patterson came on in 2009

The Beginnings of Collegiate Recovery Communities and Programs

• The 2010’s saw large universities begin to understand the recruiting and retentive value of these programs, and well as the recognition that they are programs of Social Justice. Those included The Universities of Michigan, Oklahoma, and North Carolina at Charlotte and Chapel Hill. Also Penn State, Ohio State, and The University of Houston.
• The champions on these campuses deserve mention: Mary Jo Desprez, Dean Blackburn, David Rousmaniere, Debbie Ensley, Carol Rose, Dorie Evers, Jason Whitney
The Beginnings of Collegiate Recovery Communities and Programs

- Several programs were kick-started with seed money provided by grants from The Stacie Mathewson Foundation, later as Transforming Youth Recovery
- It takes a champion on campus to enlist and engage others, to help navigate objections and funding issues. There’s more than one right way to start these programs.

Georgia Tech: Creating the Next
Video available at:
http://www.counseling.gatech.edu/content/collegiate-recovery-program

<table>
<thead>
<tr>
<th>Weekly seminar: Wellness for Optimal Living (1 credit hour)</th>
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<tbody>
<tr>
<td>Mutual Aid: AA, SMART Recovery, Al-Anon, OA</td>
</tr>
<tr>
<td>Community Engagement: Buzzed on Service</td>
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<tr>
<td>Academic and Financial Support</td>
</tr>
<tr>
<td>Campus Outreach, National Recovery Month events</td>
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• **Mission**
  - The CRP is committed to providing innovative programs and services to assist students in achieving their academic goals while thriving in a substance-free collegiate experience.

• **Vision**
  - To serve as a model collegiate recovery program for technological research institutions.

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**Campus-specific considerations**

<table>
<thead>
<tr>
<th>Time in sobriety requirement</th>
</tr>
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<tbody>
<tr>
<td>Abstinence-based focus primary, with expanded focus on non-traditional presentations</td>
</tr>
<tr>
<td>Special attention to creating a diversity-affirmative, inclusive space</td>
</tr>
<tr>
<td>Harnessing student strengths and engagement: Coffee bike project</td>
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</tbody>
</table>
University of Alabama
At a Glance

• Founded: 1831
• The Flagship of the state system
  • “The Capstone”
• Student Population:
  • N= 38,563 (33,305 Undergraduate)
• In state out of state ratio: 40/60
Tuscaloosa, Alabama

- Quintessential, Small College Town
- Population: 99,000
- Entertainment District
- Employment by Size
  1. University of Alabama
  2. Medical Center
  3. Mercedes Benz

History of Recovery at UA

- Collegiate Recovery Community (2012)
- MPACT Program (2013)
History of Recovery at UA

• Programs Merge (2016)
  • Collegiate Recovery & Intervention Services
• Divisional Reorganization (2017)
  • New VP Student Health and Well Being
  • New Executive Director
  • New Staff

CRIS Mission Statement

*Enhancing Student Lives Through Transformational Experiences That Emphasize Recovery, Unity and Development*
Collegiate Recovery & Intervention Services

- Recovery Services
- Family Services
- Counseling and Intervention

Continuum of Care

MPACT
- AOD
- Substance Abuse Counseling

CRC
- 1+ years recovery
- Active in 12-step

MPACT
- 1-day to 11-months clean
- Desire to explore recovery

Self / Family
- Conduct Violation
- Treatment Facility
The Alabama Model

Prospective Members
- 1+ days sober
- Desire to explore recovery
- Mentorship

Full Members
- 1+ years in recovery
- Active participation in a 12-step fellowship

Transformational Programming

- Recovery Night
- 12-step Meetings
- Morning Reflection
  - Mentoring
  - Step Study Group
  - ARHE Experience
- Dedicated Space
- “Family” Meals
- Adventures
  - Service Work
  - Intramural Sports
  - Recovery Tailgate
- Workshop Series
- 1:1 Counseling
- Family Programming
  - Academic Advisement
  - Career Assessment
  - Graduate School Prep
Look for us in 
Recovery Campus 
Magazine 

Follow Us! 
@BamaRecovery 
Facebook • Twitter • Instagram

Lilly Ettinger 
Baylor University
Baylor Fast Facts

The mission of Baylor University is to educate men and women for worldwide leadership and service by integrating academic excellence and Christian commitment within a caring community.

- 17,059 Total Enrollment (14,316 Undergrad/ 2,743 Graduate Professional)
- 35.3% minority students
- Mean SAT score of 1276 and mean ACT score of 28.2.
- 39 percent of students live on campus in 12 residence halls.
- On 1000 acres near downtown Waco (metro area = 250k)
Fall 2011: Off campus YPAA meeting, founded by students. Unable to form on-campus student group.

Spring 2015: On Campus Women’s Recovery Meeting sponsored by Department of Spiritual Life, Department of Wellness & Counseling Center.

Fall of 2015: Staff re-alignment to provide more resources for students in recovery with the Wellness Department

Fall 2016: Introduction of Baylor Recovery Program with applications*, monthly events, seminar

Spring 2017: Donation of $2.5 million for endowment to begin the Beauchamp Addiction Recovery Center

Summer 2017: Hiring of Prevention & Recovery FT person to add to Recovery Staff

Fall 2017: BARC Dedicated Space opens, monthly lunch and learns, Peer Allies Coalition forms

Spring 2018: Expanded Student Worker and Internship possibilities

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### The Vision

Baylor aspires to develop recovery support services that fully address students’ needs by providing mentoring, connection to supportive peers, and guidance in finding an area of study that helps students fulfill their life goals.

These recovery support services would be based on four core values, as presented below.

<table>
<thead>
<tr>
<th>CORE VALUES</th>
<th>CURRENT SERVICES</th>
<th>BARC ENHANCEMENTS</th>
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<tbody>
<tr>
<td>Community Connection</td>
<td>• Shared space</td>
<td>• Dedicated space</td>
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<tr>
<td></td>
<td>• Support meetings</td>
<td>• Expanded selection of meetings</td>
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<tr>
<td></td>
<td>• Staff support</td>
<td>• Peer networking</td>
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<tr>
<td></td>
<td>• Sober social</td>
<td>• Sober living opportunities</td>
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<td></td>
<td>• Residency skills workshop</td>
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<td></td>
<td>• New student 2/1000 class</td>
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<tr>
<td>Academic Investment</td>
<td>• Merit and service-based scholarships</td>
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<td></td>
<td>• National Collegiate-Recovery</td>
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<td></td>
<td>• Conference attendance</td>
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<td></td>
<td>• Staff assistance to academic advisors</td>
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<td></td>
<td>• Diversity training</td>
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<td></td>
<td>• Weekly seminar</td>
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<td></td>
<td>• Wellness assessments/training</td>
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<td></td>
<td>• Daily meetings</td>
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<td></td>
<td>• Scholars program</td>
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<tr>
<td>Recovery Commitment</td>
<td>• Faculty/staff mentoring</td>
<td>• Service organization</td>
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<tr>
<td></td>
<td>• Recovery advocacy</td>
<td>• National Recovery Month participation</td>
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<tr>
<td></td>
<td>• Waco meetings</td>
<td>• Peer education/leadership</td>
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<tr>
<td></td>
<td>• Waco meetings</td>
<td>• Partnership with counseling staff</td>
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<tr>
<td>Enduring Service</td>
<td>• Service and Awards Gala</td>
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</table>
Dedicated Space

John Stein
Georgia Institute of Technology
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Discussion/Q&A

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